

## RSV - Respiratory Syncytial Virus

### **RSV-C            COMPLICATIONS**

**OUTCOME:** The patient/family will understand the common and serious complications of RSV.

**STANDARDS:**

1. Discuss that many children with RSV also develop an ear infection (about 20% of the time).
2. Explain that only 1 to 2% of children with RSV will need hospitalization for oxygen or IV fluids.
3. Discuss that recurrent wheezing happens mostly in children who have close relatives with asthma. Some percentage of children who have RSV will go on to develop asthma.

### **RSV-DP           DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the disease process of RSV.

**STANDARDS:**

1. Explain that RSV is caused by a virus. Explain that viral illnesses are not made better by antibiotics.
2. Discuss that the virus causes a swelling of the smallest airways in the lungs (bronchioles). This narrowing results in wheezing and difficulty breathing. The wheezing and difficulty breathing typically gets worse for 2–3 days then begins to improve. The acute phase of the disease is usually 7–14 days long.
3. Discuss that recurrent wheezing happens mostly in children who have close relatives with asthma. Some percentage of children who have RSV will go on to develop asthma.
4. Explain that RSV is spread by droplets containing the virus. These droplets are usually created by the infected person coughing or sneezing them out. Infection usually occurs by touching the droplets then rubbing one's eyes or nose. Hand washing is the best way to prevent infection.
5. Discuss, as appropriate, that the worst disease happens in children less than two years of age. People older than this who become infected with RSV will usually experience severe cold-like symptoms.

### **RSV-FU           FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of RSV.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**RSV-HM     HOME MANAGEMENT**

**OUTCOME:** The patient/family will understand the home management plan and the importance of following the plan. Discuss the following standards as applicable to this patient.

**STANDARDS:**

1. Explain that dry air tends to make cough worse. Discuss the use of a humidifier to loosen secretions and soothe the airway.
2. Discuss the use of suction devices (such as bulb syringes) to remove sticky mucus from the nose and make breathing easier. Discuss the use of nasal saline drops to loosen the mucus.
3. Explain that warm liquids may be helpful to loosen secretions in the back of the throat and relieve coughing spasms. This may not be appropriate for very young infants.

**RSV-L     LITERATURE**

**OUTCOME:** The patient/family will receive literature about RSV.

**STANDARDS:**

1. Provide the patient/family with literature on RSV.
2. Discuss the content of the literature.

**RSV-M     MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.

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**PATIENT EDUCATION PROTOCOLS:     RSV - RESPIRATORY SYNCYTIAL VIRUS**

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2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**RSV-MNT     MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will understand the specific nutritional intervention(s) needed for treatment or management of RSV.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**RSV-NEB     NEBULIZER**

**OUTCOME:** The patient/family will be able to demonstrate effective use of the nebulizer device, discuss proper care and cleaning of the system, and describe its place in the care plan.

**STANDARDS:**

1. Describe proper use of the nebulizer, including preparation of the inhalation mixture, inhalation technique (e.g., masks, blow-by), and care of the equipment.
2. Discuss the nebulizer treatment as it relates to the medication regimen.

**RSV-P            PREVENTION**

**OUTCOME:** The patient/family will understand ways to help prevent RSV infection or spread of infection.

**STANDARDS:**

1. Explain that RSV is spread by contact with contaminated objects. Discuss the importance of hand washing and of disinfecting toys (especially in the day care setting).
2. Discuss the availability of passive immunization for RSV for selected groups of children, as appropriate. (Currently the recommendation for prophylaxis is children <24 months of age with bronchopulmonary dysplasia or with a history of premature birth (<32 weeks gestation). Refer to current literature for any updates on these recommendations.)

**RSV-SHS        SECOND-HAND SMOKE**

**OUTCOME:** Provide the patient/family with an understanding of the adverse health consequences associated with exposure to second-hand tobacco smoke, and discuss methods for limiting exposure of nonsmokers to tobacco smoke.

**STANDARDS:**

1. Define “passive smoking” ways in which exposure occurs, e.g., smoldering cigarette, cigar, or pipe, smoke that is exhaled from active smoker, smoke residue on clothing, upholstery, carpets or walls.
2. Discuss harmful substances in smoke, e.g., nicotine, benzene, carbon monoxide, and many other carcinogens (cancer causing substances).
3. Explain the increased risk of illness in the RSV patient when exposed to cigarette smoke either directly or via second-hand smoke.
4. Explain that cigarette smoke gets trapped in carpets, upholstery, and clothing and still increases the risk of illness even if the patient is not in the room at the time that the smoking occurs.
5. Discuss factors that increase level of exposure to second-hand smoke and preventive methods for minimizing this exposure.
6. Encourage smoking cessation or at least never smoking in the home or car.

**RSV-TE        TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed.

**STANDARDS:**

1. Explain the test(s) ordered and collection method, e.g., nasopharyngeal wash or swab, pulse oximetry.
2. Explain the necessity, benefits and risks of the test(s) to be performed.
3. Explain how the testing relates to the course of treatment.

**RSV-TO TOBACCO (SMOKING)**

**OUTCOME:** The patient/family will understand the dangers of exposure of the patient with RSV to cigarette smoke and develop a plan to eliminate said exposure.

**STANDARDS:**

1. Explain the increased risk of hospitalization and serious or life threatening illness when a patient with RSV is exposed to cigarette smoke.
2. Explain that cigarette smoke gets trapped in carpets and upholstery and still increases the risk of illness even if the patient with RSV is not in the room at the time that the smoking occurs.
3. Encourage smoking cessation or at least NEVER smoking in the home or car.